1.What is an osteon? Name 3 types of lamellae found in compact bone?

2. How do vitamin C and vitamin D affect bone growth and what is the name of the vitamin C deficiency called and vitamin D deficiency called ?

3.Which is the only joint where a tendon passes through the joint?

1. When you grasp a doorknob,what movement of your forearm is necessary to unlatch the door-that is to turn the knobin a clockwise direction, assuming using the right hand?
2. Pronation
3. Rotation
4. supination
5. flexion
6. extension
7. After the door is unlatched , what movement of the elbow is necessary to open it?(assume that the door opens in and you are on the inside?
8. Pronation
9. Rotation
10. Supination
11. Flexion
12. Extension
13. After the door is opened what movement of the shoulder is necessary to open it?(assume the door opens in and you are on the inside)
14. Pronation
15. Rotation
16. Supination
17. Flexion
18. Extension
19. When grasping the door knob the thumb and little finger undergo
20. Opposition
21. Reposition
22. Lateral excursion
23. Medial excursion
24. Dorsiflexion

1.Given these structures

1. Whole muscle
2. 2. Muscle fibre(cell)
3. Myofilament
4. Myofibril
5. Muscle fasciculi

Choose the arrangement that lists the structures from largest to smallest in the correct order

1. 1,2,5,3,4
2. 1,2,5,4,3
3. 1,5,2,3,4
4. 1,5,2,4,3
5. 1,5,4,2,3

2.Myosin filaments are

a. attached to Z disk

b.found primarily in the I band

c. thinner than actin filaments

d. absent from the H zone

e. attached to filaments that form the M line

3. During repolarization of the plasma membrane

a. Na+ moves to the inside of the cell

b. Na+ moves to the outside of the cell

c.K+ moves to the inside of the cell

d.K+ moves to the outside of the cell

1. Jerry jogger’s 3 mile run every morning takes about 30 minutes, which of these sources provide most of the energy for his run?
2. Aerobic respiration
3. Anaerobic respiration
4. Creatinine phosphate
5. Stored ATP
6. Muscles that oppose one another are
7. Synergists
8. Levers
9. Hateful
10. Antagonists
11. Fixators
12. A prominent lateral neck muscle that can cause flexion of the neck and rotation of the head is
13. Digastric
14. Mylohyoid
15. Sternocleidomastoid
16. Buccinators
17. Platysma
18. Which of these muscles would you expect to be especially well developed in a boxer known for his powerful jab?
19. Biceps brachii
20. Anconeus
21. Latissimus dorsi
22. Brachioradialis
23. supinator

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